Your school participates in the Fresh Fruit and Vegetable Program!

What is the Fresh Fruit and Vegetable Program?

The United States
Department of
Agriculture's
(USDA) Fresh Fruit
and Vegetable
Program make fresh
fruits and vegetables available to
students throughout the school
day. Schools receive funds to order
fresh fruits & vegetables for use outside of
the cafeteria.

When and where can fresh fruits and vegetables be offered?

Schools may offer fresh fruits and vegetables in classrooms, hallways, or elsewhere at any time during the school day. They can also be used in classroom activities. If you have ideas on how you would like to see fresh fruits or vegetables offered, share those ideas with your principal and/or the foodservice director.

Did you know?

There is no requirement for specific serving sizes. Serving sizes should be appropriate for the age of the student. (e.g. Sliced apples may be more appropriate for lower grades since they may be missing some of their front teeth, while older students may want a whole apple to satisfy their hunger.)

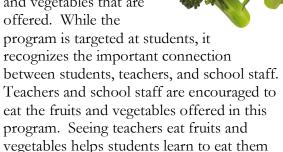
How are fresh fruits and vegetables distributed to the students?

Each school can find a system that works for them. Schools may want to distribute fruits and vegetables based on the ages of the students. In the lower grades, it may be easier to serve the students in their classrooms. USDA encourages schools to develop innovative and varied methods to offer the fruits and vegetables to students.

What can you do?

YOU can help students become healthier when you consume the fruits and vegetables that are offered. While the

as a healthy snack option.



How can you help make the program stronger?

Nutrition education is critical, and teachers are encouraged to reinforce healthy eating with healthy education! Curriculum idea/resource websites can be found on the back of this brochure. Have fun! Most of all help your students develop healthy eating habits!

Fresh fruits and vegetables can be brought into the classroom to complement and/or

reinforce a lesson.
Your geography
lesson can be
reinforced by bringing in
fresh fruits or vegetables available in the
region you are studying. Studying
percentages in math? Use a piece of fruit to
show quarters, half, thirds, etc. The best
part is the lesson becomes edible! Work
with your schools foodservice director to
bring in the fresh fruits/vegetables that you

What is the purpose of the program?

The purpose of the Fresh Fruit and Vegetable Program is to provide free, fresh fruits and vegetables to students. The program encourages students to eat more fresh fruits and vegetables.

Did you know?

desire.

MyPyramid (www.mypyramid.gov) encourages school-age children to eat 2-3 cups of vegetables a day and 1½ -2 cups of fruit a day.

The Fresh Fruit and Vegetable Program available in your school provides an excellent opportunity for your students to meet the suggested servings during their school day. Fruits and vegetables served in their most "whole" or "natural" forms are the most nutritious.

Who participates in this program in IN?

The 47 schools that participate in the Fresh Fruit and Vegetable Program in Indiana are:

- Monger Elementary School
- Beardsley Elementary School
- Winchester Village Elementary School
- Lima Brighton Elementary School
- Uncoln Elementary School, Huntington
- Uncoln Elementary School, La Porte
- Monon Elementary School
- Vinton Elementary School
- Helen Griffith Elementary School
- Lena Dunn Elementary School
- Columbia Elementary School, Logansport
- Paragon Elementary School
- Unwood Elementary School
- Stout Field Elementary School
- Templeton Elementary School
- Clifty Creek Elementary School
- Topeka Elementary School
- Meadow's Edge Elementary School
- Blwood Haynes Elementary School
- Washington Elementary School
- Pettit Park Elementary School
- Bon Air Elementary School
- Lafayette Elementary School
- Franklin Elementary School
- O'Bannon Elementary School
- Columbia Elementary School, Hammond
- Irving Elementary School
- Mark Elementary School
- Price Elementary School
- Washington Elementary School
- Levan Scott Academy
- Nebraska Elementary School
- Study Elementary School
- Forest Park Elementary School
- Maplewood Elementary School
- Lew Wallace Elementary School
- Daniel Webster Elementary School
- James Russell Lowell Elementary School
- Arlington Woods Elementary School
- George Buck Elementary School
- George Duck Elementary School
- Francis W. Parker Elementary School
- Fredrick Douglass Elementary School
- George H. Fisher Elementary
- Theodore Potter Elementary School
- Paul I. Miller Elementary School
- Eastwood Elementary School
- Saint Anthony Catholic School

For more information about helping kids eat their fruits and vegetables, visit:

- www.doe.in.gov/food/FFVP
- www.fruitsandveggiesmorematters.org
- www.pbhfoundation.org
- www.mypyramid.gov
- www.fns.usda.gov/tn/
- www.doe.in.gov/food/teamnutrition

There are many sites with good information. Inclusion of these sites does not constitute endorsement. Additional information can be found by using search words such as "fresh fruits" or "fresh vegetables."

